

Walkable Edmonton

Walkable Edmonton is an initiative bringing Edmontonians together to build a more walkable community by providing grass roots resources and building civic support. Check out our website for links to other walking resources, maps, walking groups and places to walk in Edmonton.

www.edmonton.ca/walkable
780-944-5339

Other Walking Resources

Alberta Centre for Active Living
www.centre4activeliving.ca
780-427-6949

Canada Walks
www.canadawalks.ca

UWALK
www.UWALK.ca



Shape
(Safe Healthy Active People Everywhere)
www.shapeab.com

Get involved with Walk to School Week and Walk to School Programs

info@shapeab.com
780-406-8530

The Benefits of Walking

Walking... a healthy journey!

Ranked the number one activity of choice among Canadians, walking is a prescription for improved health and wellness. Walk briskly for 30 minutes a day, 5 days a week, and minimize your risk for cardiovascular disease, stroke, Type 2 diabetes and some types of cancer. Additional benefits include weight management, blood pressure control and boosting good cholesterol (HDLs).

Other benefits of walking:

- Releases the body’s tension and stress.
- Refreshes the mind and body, especially when walking outdoors.
- Allows you to connect with your community.
- Offers an excellent way to socialize with family and/or friends.
- Increases “eyes on the street”, enhancing community safety.

Walking is an easy activity to do, costs very little money and the benefits to health, fitness, and mental well-being are priceless!

Here are some tips to keep you on track:

- For starters, take a leisurely walk around your block. Slowly increase your walking time by 5 – 10 minutes a day until you are walking for 30 minutes. A duration of 30 minutes a day is what you’re after but don’t stop there! Once in a while, go for a 45 – 60 minute walk.
- Walking with a buddy can be very motivating.
- Gear up with loose clothing and proper walking shoes. Comfort is key.
- Walking to a destination — grocery store, mailbox, school, etc. — is a way to fill your walking prescription of 30 minutes per day.

There are 1,440 minutes in a day,
schedule 30 of them for walking!

Local Contacts

Meadowlark Community League

15961 – 92 Avenue NW
PO Box 67118, RPO Meadowlark
Edmonton, AB T5R 5Y3

www.meadowlarkcl.net
Meadowlark Community League on Facebook
memberships@meadowlarkcl.net
780-484-1287

West Meadowlark Community League

9311 – 165 Street
Edmonton, AB T5R 2S5

www.wmcl.org
westmeadowlark@gmail.com
780-484-6132

Edmonton Public Library — Jasper Place Branch

9010 – 156 Street
780-496-1810

West Division Police Station

16506 – 100 Avenue
780-426-8000

Weather

780-468-4940

City Information

Call 311
311@edmonton.ca

Emergency Contacts

Police/Ambulance/Fire
911

Police Complaint Line
780-423-4567

* Cover photo of Western Meadowlark obtained via Flickr.com.
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Great Neighbourhoods



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Community Walking Map

Meadowlark and West Meadowlark Communities on Foot Series



© Sam May

About the Communities on Foot Map Series

The Communities on Foot series are walking guides, created as a joint project of Walkable Edmonton and local Community Leagues to promote walkable communities.

Contact us to find out if your community has an edition of this map series or to find out more about creating a map.

Walkableedmonton@edmonton.ca
780-944-5339



Meadowlark Park and West Meadowlark Park

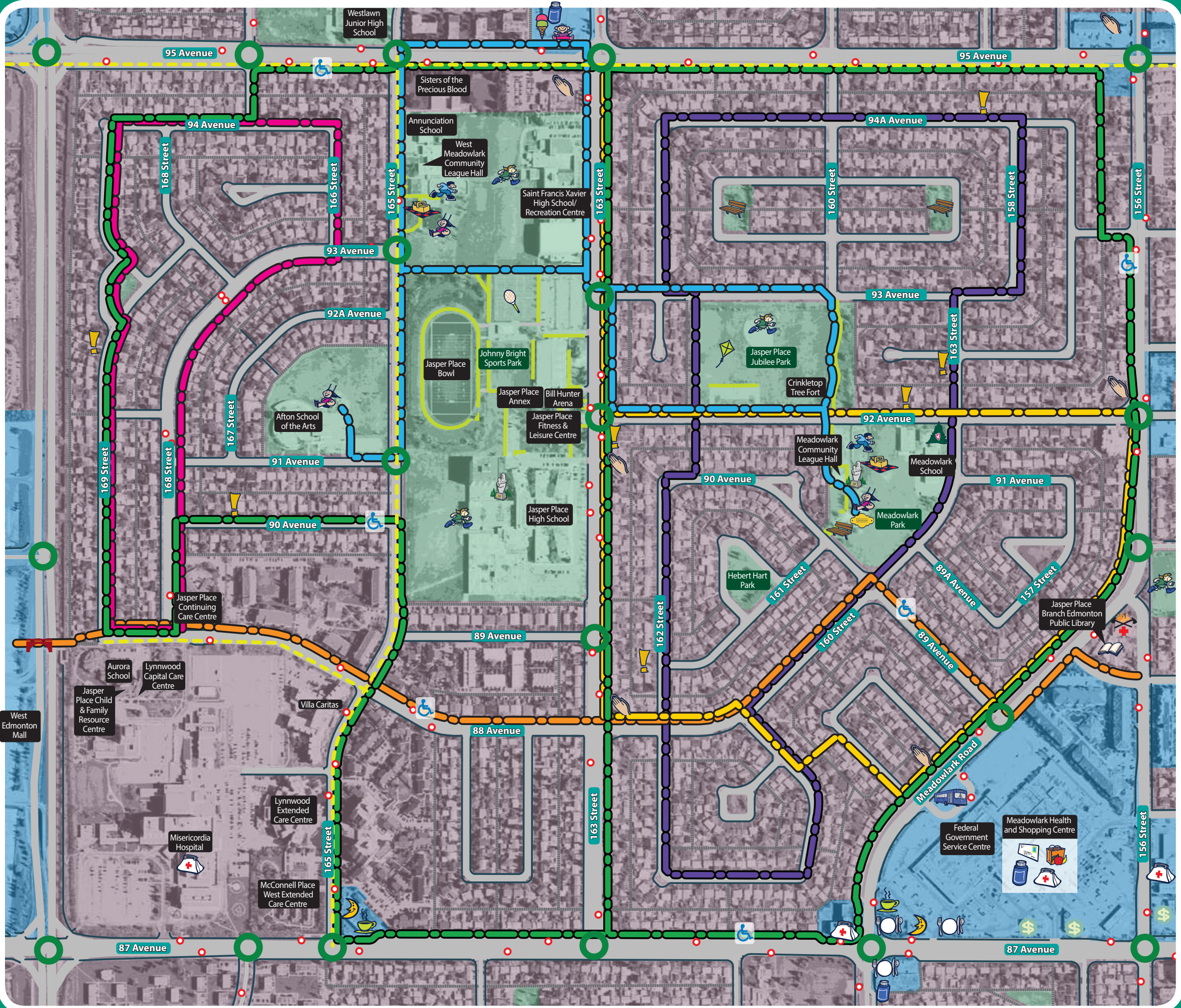
Welcome to the communities of Meadowlark Park and West Meadowlark Park. These neighbourhoods take their names from the Western Meadowlark, a songbird that is common to south and central Alberta in the summer months. The neighbourhoods are bounded on the west by 170 Street, on the east by 156 Street, on the south by 87 Avenue, and on the north by 95 Avenue. These communities were originally part of the Town of Jasper Place which amalgamated with Edmonton in 1964. Meadowlark Park is mainly made up of single detached homes and was developed mostly in the 1960's. Development in West Meadowlark Park followed through the 1970's and included a mix of multi-family units and single family homes. Meadowlark Park and West Meadowlark Park share several important community facilities. The neighbourhoods include three elementary schools, two high schools, and five places of worship. Recreational facilities available to the residents include:

Jasper Place Pool and Annex, Bill Hunter Arena, Jasper Place Bowl and tennis courts, St. Francis Xavier Sports Centre, the new Jasper Place Library. The Meadowlark and West Meadowlark Community Leagues also provide recreational facilities and opportunities such as ringette, hockey, soccer, softball, curling, figure skating, nursery school, Block Parent, Girl Guides and Scouts. The community leagues organize social events for the neighbourhood such as winter carnivals, family fun days, community picnics and Breakfast With Santa. Another important feature of these neighbourhoods is the access to medical facilities and services in the area. Misericordia Hospital is the key medical facility along 170 Street. Other facilities include: Lynwood Extended Care Center, Jasper Place Central Park Lodge, McConnell Alzheimer's Centre, Meadowlark Mall located along 87 Avenue at 156 Street has been redeveloped recently to include many doctor's offices and medical services for the community. Fire Station 12 is located just north of Meadowlark Mall.

There are several shopping opportunities available within walking distance. West Edmonton Mall and Terra Rosa Centre are located just west of 170th Street and includes exclusive shopping, fine dining and exciting entertainment. No less important is Meadowlark Mall which includes neighbourhood shopping with groceries, pharmacies, banking, coffee shops, restaurants and other convenient services. The neighbourhoods also include local gas bars with convenience stores. The neighbourhoods of Meadowlark Park and West Meadowlark Park have many interesting and important features that make this an amazingly convenient and walkable community. Future planned bike and LRT routes will also enhance the convenience and transportation options for residents.

Funding for this
project provided by
Great Neighbourhoods

Meadowlark &
West Meadowlark



Meadowlark and West Meadowlark Legend

- | | |
|------------------------|--|
| Bank | Picnic Site |
| Childcare Centre | Place of Worship |
| Coffee Shop | Plaque |
| ETS Bus Transit Centre | Playground |
| Fire/Ambulance | Point of Interest* |
| Grocery Store | Post Box/Post Office |
| Health Centre/Medical | Public Art/Monument Statue |
| Heritage/Memorial Tree | Restaurant |
| Ice Cream Shop | Rest Spot |
| Kite Flying | Skating Rink |
| Late Night Store | Sports Fields |
| Library | Tennis Court |
| Pharmacy | <small>*Beautiful tree, nice yard, etc</small> |

- | | |
|-----------------------|--------------------------|
| Commercial | Paved Shared Use Pathway |
| Parkland | On Street Bike Route |
| Residential Area | Roadway |
| Crosswalk with Signal | Alleys |
| Bus Stop | Sidewalk |
| Pedestrian Bridge | |

- Sample walking routes
- | | |
|--------|-----------------------------|
| 2.2 km | Playground & Ice Cream Walk |
| 2.2 km | Mall & Book Walk |
| 2.2 km | Pink Loop |
| 3.5 km | Dog Walkers' Loop |
| 3.7 km | Church Walk |
| 8.8 km | Cycle/Run Loop |

